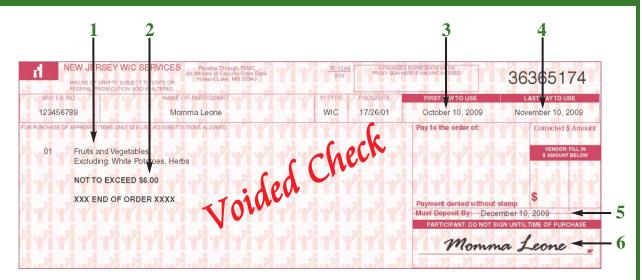
# **CASH-VALUE VOUCHER**

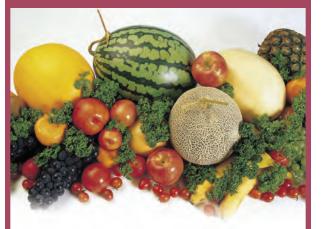


- 1: Approved Food Items for this voucher
- 2: Not to Exceed Amount for this voucher
- 3: First Day to Use
- 4: Last Day to Use
- 5: "Vendor" Must Deposit By Date
- **6: Sign Here** at time of purchase

If you buy more than the value of the voucher, you may pay the difference with any other form of payment.

Use this Cash-Value Voucher the same way that you use your WIC check.

# NEW JERSEY WIC PROGRAM CASH-VALUE VOUCHER



Can only be used to buy fresh, canned and frozen fruits and vegetables at WIC approved grocery stores OR

Can only be used to buy fresh fruits and fresh vegetables from certified farmers





# FRESH FRUITS AND VEGETABLES

#### **ALLOWED:**

- Any variety of fresh, whole, or cut fruits and vegetables
- (Note: white potatoes and herbs are not allowed)
- Plain salad mixes, coleslaw, and greens in a bag
- Plain fruit or plain vegetables in any container
- Fruits and vegetables do not have to be locally grown

#### **NOT ALLOWED:**

- White potatoes (i.e. Idaho, Russet, Golden, Red, etc.)
- Items from the salad bar, party platters or trays, fruit baskets, decorative vegetables and fruits, dried fruit, dried vegetables, herbs, and spices
- Nuts, including peanuts, fruit-nut mixtures
- Bagged fruits and vegetables with dips, dressings or other ingredients

# **CANNED TOMATO PRODUCTS**

# **ALLOWED:**

- Any brand
- Metal cans only
- Any size
- Pastes, purees, whole, crushed tomatoes
- Salsa (without added sugar, fats, oils)

## **NOT ALLOWED:**

- Soups, sauces (pizza, spaghetti, or tomato), stewed tomatoes, diced tomatoes
- Added sugars, seasonings, fats, oils

Call your local WIC Office if you have any questions or concerns.

#### **CANNED VEGETABLES**

#### **ALLOWED:**

- Any brand
- Any plain vegetables or plain mixed vegetables (without white potatoes)
- · Metal cans only
- Any size
- · Regular or low sodium

#### **NOT ALLOWED:**

- White potatoes, sweet potatoes, yams, sauerkraut
- Pickles or creamed vegetables (including corn)
- Baked beans, pork and beans, black beans, black-eyed peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, other mature legumes
- Soups, ketchup, relish, olives
- Products with added sugar, fats, oils, condiments

#### **FROZEN VEGETABLES**

# **ALLOWED:**

- Any brand
- Any plain vegetable or plain mixed vegetables (without white potatoes)
- Any package type (bag, box)
- Any size (except single-serving packages)
- · With or without salt

## **NOT ALLOWED:**

- White potatoes, French fries, hash browns, tater tots, other shaped white potatoes
- Vegetables with sauces, like cheese sauce or any other type of sauce
- Seasoned, flavored or breaded
- Products with added sugar, fats, oils, condiments
- Vegetables mixed with pasta, rice, or any other ingredient

#### **CANNED FRUIT**

#### **ALLOWED:**



- Any brand packed in water or juice
- Any plain fruit or plain mixed fruit (except fruit cocktail)
- · Metal cans only
- Any size (except single-serving packages)
- · Products with artificial sweeteners

# **CHOOSE CANS THAT SAY:**

- "In its own juice," "in pear juice from concentrate," "in unsweetened pineapple juice"
- · "Naturally sweet"
- "100% pure fruit and juice," "100% natural"
- "No sugar added," "unsweetened"

# **NOT ALLOWED:**

- Fruit cocktails, cranberry sauce, pie fillings
- Products packed in syrup (heavy, light, naturally light, extra light, etc.)
- Added sugar, salt, fat, oils
- Single-serving packages

# **FROZEN FRUIT**

# **ALLOWED:**

- · Any brand with no added sugar
- Any plain fruit or plain fruit mixture
- Any package type (bag, box)
- Any size

# **NOT ALLOWED:**

- Ingredients other than fruit (including sugar)
- Products packed in tubs